



VOL. 2 ISSUE 1 · APRIL 2023

FOUNDATION IN FOCUS

Confluence Health Foundation Quarterly Newsletter

Legacy Gift Spotlight:

Gardner Social Service Fund Helps Patients in Need

One day, a patient who was experiencing homelessness was ready to be discharged from Central Washington Hospital. The young woman had been admitted with a serious condition, and one of the symptoms was severe, painful swelling of her feet. Her shoes didn't fit, and it hurt to walk. She had no home or nearby family to help her with her recovery. All she had were her personal belongings contained in several plastic bags. The only place she could go to get better was to her mother's house in Texas. But how could she get there?

In circumstances like these, Confluence relies on the Care Management team, one of the most resourceful and compassionate departments in the hospital. The Care Management Department is made up of about thirty-six employees. Staff include nurse case managers, social workers, discharge planners, and assistants. In the inpatient setting, they help patients plan next steps after they are discharged from the hospital. Sometimes patients can go home and safely recover on their own. Other patients need to be connected with resources like home health or hospice, medical equipment, or a secondary care facility. The Care Management team specializes in working with patients and their families so that optimal recovery or comfort is achieved after their transition from the hospital setting.

Continued, see Legacy Gift Spotlight, page 3

This issue:

Legacy Gift Spotlight

PAGES 1 & 3

Singleton Awards Recognize Our Finest

PAGE 2

New Wheelchairs Are Rolling Out Soon

PAGE 4 & 5

Foundation Doubles Down on Scholarships

PAGE 5

Thriving Together NCW Funds Grant

PAGE 6 & 7

WVMG Transitions

PAGE 7

Honoring Evelyn Bradley

PAGE 8

Year End Gift Helps NCW Babies

PAGE 8-9

Rad Treatment Facility Progress Update

PAGE 9

2023 Adaptive Cycling Events

PAGE 10

CHF Board Transitions

PAGE 10-11

Singleton Awards Recognize Some of Our Finest

Congratulations to the 2022 Singleton Awardees! This past November, seven nurses and three certified nursing assistants each received the prestigious \$1,200 award.

The Singleton Award is bestowed on individuals that exhibit outstanding nurse performance as well as compassion at the bedside. Awardees were nominated by a clinician or a member of Confluence Health leadership for being an exemplary care provider. In addition to recognition for their care and compassion, awardees must be in good professional standing and demonstrate strong clinical skills to be considered for the award.

The Floyd and Noreen Singleton Award for Outstanding Practice Endowment was established in 1999 with a \$100,000 year-end gift to the Foundation from Floyd and Noreen Singleton. The Singletons were longtime East Wenatchee residents that felt passionate about the need for a professional nurse recognition program. Income generated by the endowment is awarded annually to registered nurses, licensed practical nurses, or certified nursing assistants who embody the spirit of the award.

Floyd Singleton passed away in 2021, followed by Noreen in 2022, but their generosity and foresight ensures that their memory will live on through their endowment. The Singletons recognized that compassion and caring are truly the core of what makes an excellent caregiver. The Foundation is honored to carry on this tradition of recognition.

2022 Singleton Awardees

Brittanie Widener, RN
Evelia Sanchez, RN
Barbara Kane, RN
Joe Dahlke, RN
Jana Zediker, RN

Heather McWiggins, RN
Vanessa Urquilla, RN
Maria Orozco, CNA
Maria Rojas, CNA
Carol Straight, CNA



In the case of the patient described above, the team had to come up with a unique discharge plan. Kim Malone, Administrative Assistant for the Care Management Department, manages a special funding stream from the Confluence Health Foundation called the Gardner Social Services Fund. The fund, which was established in 1996 by a donation from John and Joanne Gardner, provides temporary assistance to patients in need. Funding can be used to pay for critical items during a hospital stay or upon discharge.



The care team believed getting the young woman to her mother would be the best course of action. Kim purchased a one-way bus ticket to Texas. She also bought a duffle bag that would fit all of the patient's belongings, some snacks for the trip, and a prepaid phone that could be used in case of an emergency and to coordinate her arrival in Texas. Lastly, Kim purchased some comfortable shoes that could fit on the patient's swollen feet. The patient made it safely to Texas, where she was able to recover with the support of her mother.

The Gardner Social Services Fund is essential to the Care Management team's ability to find creative solutions for patients who are facing hardship. In these circumstances, a little extra help tends to go a long way. Kim also uses the Gardner funds to stock a clothing closet. Some patients arrive at the hospital in clothing that has been badly soiled or ruined. While many people have friends and family that can bring them a fresh change of clothes, others are not so fortunate. The Care Management Department started the program to help ensure that every patient has access to clean, essential items of clothing before they are discharged.

Kim Malone has been managing the clothing closet since 2013. She keeps a stock of sweatshirts and sweatpants, t-shirts, underwear, and warm socks. Occasionally, Kim will make a trip to the store to purchase more personalized items for patients, like boots or winter coats. Kim takes her work seriously. Foundation staff receive the receipts of purchases for the clothing closet and notice that Kim shops the deals and stretches every penny of the donation to maximize the number of people the funding can help. That's because Kim believes the Gardner Social Services funding is critical to solving unconventional patient needs. "Without this funding, clothing needs for patients would go unmet. The budget has been cut this year, and most of the funding for discharge support goes to patient transportation" Kim said. "Not everyone has someone they can depend on. It's nice to be able to help."

Helping is what the Care Management team does best. Whether it's assisting patients access their medications or coordinating travel to healthcare facilities on the other side of the country, those in the department recognize that their work requires financial resources. John and Joanne Gardner's donation to the Confluence Health Foundation has been able to help so many people since the endowment was established in 1996. Their philanthropic commitment has been an essential tool for the Care Management teams' ability to treat patients with dignity and compassion.

Interested in leaving a legacy of compassion like John and Joanne Gardner? Call the Foundation today!

New Patient Transport Wheelchairs Are Rolling Out Soon

We asked. You answered.

This past year-end giving season, the Confluence Health Foundation asked for donor support to purchase new patient transport wheelchairs for Central Washington Hospital and Wenatchee Valley Hospital. These two buildings are the largest Confluence facilities and the hub of specialty and acute-care services in North Central Washington. Combined, their physical footprint totals 485,568 square feet, which is roughly the size of eight football fields!

Because of the size of these buildings, many patients need wheelchairs pushed by guest transporters to safely travel to and from their appointments. Ceci Wood, Volunteer & Customer Service Manager at Confluence Health, noticed that the patient transport wheelchair fleet needed to be updated.

"New wheelchairs are a high priority for our patient transporters. Unlike the existing wheelchairs we have in our lobbies, modern wheelchairs are much safer for our staff and patients," said Ceci.

Though the traditional wheelchair has served us well for many years, wheelchair design has advanced. Newer wheelchairs prioritize the safety of patients and the employees that transport them. They feature a wider wheelbase and larger seat, which makes transferring patients easier and safer. Footrests flip up out of the way, which eliminates the need for them to be removed. Smaller wheels help the chairs turn on a dime, and the design reduces the strength needed to push and turn the wheelchair.

But Ceci faced a challenge in getting new wheelchairs. As a smaller, non-clinical department, the Volunteer and Customer Service Department that employs guest transporters does not have enough in their budget to purchase the new and improved wheelchairs.

"Medical equipment is expensive! We knew the only way we could purchase new wheelchairs is if we had help from the Confluence Health Foundation and its donors," Ceci said. "We have so many priorities at the hospital, but we felt our goal was obtainable if we just had the support of our community."



**"It's a small
change that
will make
a big
difference."**

The appeal went out in December, and by the end of February, donors had contributed enough to purchase four brand new wheelchairs for the patient transport team. Ceci placed the order this March and is expected to have the new wheelchairs rolling by the end of May.

Ceci reflected on what the new wheelchairs will mean for patients. "This is huge for us. For some of our patients and their loved ones, mobility is a huge barrier to getting to their appointments. These new wheelchairs will help take a little bit more of the stress out of our patients' day. It's a small change that will make a big difference."

Ceci, her team, and all of us here at the Foundation are grateful for the generosity of our donors. Thank you for answering our call!

Foundation Doubles Down on Its Commitment to Surg Tech Scholarships

The Confluence Health Foundation has made another financial commitment to the budding Surgical Technologist Scholarship Program.

At the February 2023 meeting, the Confluence Health Foundation Board of Trustees approved a motion to continue support that will fund the education of Confluence Health employees that are pursuing their certified surgical technologist degrees at Yakima Valley College.

The power of this program is twofold. First, by investing in the career advancement of faithful employees, the Foundation is addressing workforce shortages that lead to costly, temporary contract workers. Individuals that complete their degrees with financial support from the Foundation will help fill essential roles in the healthcare system. Secondly, obtaining a degree can be a life-changing accomplishment that improves an individual's earning potential and provides greater economic stability over a lifetime.

So far, five students have graduated with their surgical technologist degree and are working in the hospital. An additional 10 students are working towards their degree at Yakima Valley College, four of whom are set to graduate in August 2023. This is just the beginning of a fortified pipeline of diverse, promising individuals working toward a skilled career in healthcare.

The growth and development of a highly capable, qualified workforce is essential to the ongoing success of Confluence Health. That's why we are thrilled to continue support of this promising program.

Thriving Together NCW Funds Research Equity Grant

The Clinical Research Department at Confluence Health (CRDCH) is embarking on a new endeavor with the kind financial support from Thriving Together NCW, the local organization formally known as the North Central Accountable Community of Health. The project, funded by a grant, aims to address underrepresentation in clinical research at a local level.

Historically, medical research has failed to recruit research participants who reflect the broader population of the United States. Women and marginalized populations are less likely to be included in clinical trials, creating a bias in research findings. Underrepresentation also means these populations are less likely to benefit from new and novel therapies available only to research participants. Locally, CRDCH evaluated their inclusion rates and found that despite Hispanic individuals making up more than 30% of the population of the Confluence Health service area, they represent only 2% of the clinical research participants enrolled in CRDCH trials.

Dr. TJ Grasch, M.D., Research Medical Director at Confluence Health sought to improve recruitment from within the Hispanic community to improve access to clinical trials, increase generalizability of research findings, and advance health equity. He joined forces with Kendra Morgan, DNP, ARNP, also from CRDCH, Teresa Bendito, and the local organization Parque Padrinos to create a project that would address the root causes of underrepresentation in clinical research.



Funding from the Thriving Together NCW grant will be used to conduct three focus groups across Chelan, Grant, Okanogan, and Douglas counties. Parque Padrinos will help the CRDCH coordinate and facilitate these focus groups designed to bring together key Hispanic stakeholders to:

- Assess what is currently known about clinical research and what perceptions or misconceptions exist in the target community that need to be addressed by the CRDCH.
- Create space for individuals to voice the types of trials that are most beneficial and relevant in their communities.
- Identify new strategies that will help engage the Hispanic community in clinical research trials.

The result of this project will be a greater understanding of how to better engage members of the Hispanic community in local clinical research trials. This project will create open lines of bidirectional communication going forward so that research becomes something that clinical researchers do with the community, not to the community.

We are so grateful for the support of Thriving Together NCW, whose mission is to advance whole-person health and health equity in North Central Washington by unifying stakeholders, supporting collaboration, and driving systemic change, with particular attention to the social determinants of health. Their investment in this work is essential to our ability to explore this important area of health equity.

WVMG Transitions

We are pleased to join our Wenatchee Valley Medical Group (WVMG) and Confluence Health colleagues in welcoming Dr. Jennifer Jorgensen to her new role as the president and chair of the WVMG Board of Directors. In addition to her roles as a gastroenterologist at Confluence Health and board president of the Medical Group, Dr. Jorgensen will now serve on Confluence Health's Executive Leadership Team (ELT). She will also continue as a member of the Confluence Health Board of Directors. Dr. Jorgensen has been a strong supporter and friend of the Foundation, and we are thrilled to continue working alongside her in her new capacity. Congratulations, Dr. Jorgensen!



Previously the WVMG board president role was held by Dr. Mitch Garrison, an oncologist at Confluence Health. Dr. Garrison served as WVMG president for 8 years. He was an essential part of the affiliation in 2013, and he served as a Confluence Health board member since the start of the affiliation. As WVMG board president, Dr. Garrison helped develop WVMG's Mission and Vision Statement. He was a staunch advocate for WVMG to deliver the highest quality of patient care, and he strove to attract some of the best physicians to Wenatchee to accomplish that mission. After serving his commitment, he has stepped down from this role and will be able to commit more time to his practice. Dr. Garrison has been a huge supporter and faithful friend of the Foundation. We thank him for all his leadership and commitment to Confluence Health and the Foundation.

Honoring the Memory of a Friend: Evelyn Bradley Memorial Scholarship

The Confluence Health community is mourning the loss of former Central Washington Hospital (CWH) labor and delivery nurse, Evelyn "Sarge" Bradley.

Evelyn was a fixture in the Mother-Baby Unit for almost thirty years. Patients and CWH employees will remember Evelyn for her confidence, competence, and compassion, as well as her directness. She excelled at her vocation as a nurse and was a role model to many in the unit.

Evelyn was born in an old school house in Leahy, WA and grew up in Mansfield. After graduating from Sacred Heart School of Nursing in 1957, she and her husband moved to California where she spent the first part of her career as a Labor and Delivery nurse. She moved back to Washington in the 1970's and worked in the Central Washington Hospital Obstetrics Department until her retirement.



Known by her nickname "Sarge" for her leadership and determination, Evelyn never met a stranger and made friends wherever she went. She passed away March 9th and will be missed by her family, the community, and the nurses she worked with and mentored.

Those that knew and loved Evelyn wanted to do something to honor her memory. The Confluence Health Foundation is now accepting donations to the Evelyn Bradley Memorial Scholarship. The scholarship will benefit second year Wenatchee Valley College Nursing Students with a passion for obstetrics or special care nursery. If you'd like to donate to the memorial scholarship, visit confluencehealthfoundation.org.

Year-End Gift Helps NCW Babies Arrive in Style

In the United States, rural areas such as those found throughout North Central Washington face a significant disparity in access to obstetric healthcare services. Most of the labor and delivery services in Confluence Health's four-county area are concentrated in Central Washington Hospital's Mother-Baby Unit, where between 1,200-1,300 babies are born each year. Central Washington Hospital is the only facility in North Central Washington currently performing Trial of Labor After Cesarean (TOLAC) and Vaginal Birth After Cesarean (VBAC).

This past January, Tracey Kasnic, Confluence Health's Chief Nursing Officer, reached out to the Foundation about a need that would greatly impact quality of care in the Mother-Baby Unit. The specialized labor and delivery beds were purchased in 2011 and were at their end-of-life. Two beds had already been taken out of service because they could no longer be repaired. That left only five older beds to serve the needs of the region.

The Mother-Baby Unit needed replacement beds quickly. Each new bed cost roughly \$17,630 before tax, and all seven needed to be replaced. Tracey approached the Foundation for help with funding.

As it happened, a \$100,000 year-end gift had been made to the Foundation. The anonymous donors stipulated that the donation should be put towards capital equipment at Confluence Health. Looking at the cost of the beds and the urgent need for replacement, the beds seemed like a perfect way to use the gift. Confluence Health agreed to pay the remaining balance of the beds, and the beds were purchased.



The new labor and delivery beds will arrive this spring. These beds will be appreciated by staff, providers, and moms alike. We're so grateful to the donors who made this work possible. Their anonymous donation will have far-reaching impact that will touch the lives of so many of our patients.

Moses Lake Radiation Treatment Facility Progress Pictures

We're very excited to share that construction on the Moses Lake Radiation Treatment Facility is progressing quickly. The Confluence Health Project Management Office shared these recent pictures of the build, which is on target for completion in Fall 2023. The Radiation Treatment Facility will revolutionize access to cancer care for residents of the Columbia Basin. This important work could only be possible because of the generosity of donors who understand the value of high quality healthcare close to home.



2023 Adaptive Cycling Events

Confluence Health is gearing up to host four adaptive cycling events this summer. Our friends at Outdoors for All will be bringing over their fleet of adaptive bikes so patients and residents of the region can try the bikes for free!

The dates and locations could change, so we recommend those interested visit the Foundation's website to verify details. Email Erin if you have questions about the events.

erin.keeley@confluencehealth.org

New Location

155 N Worthen St., Wentachee in the Riverfront Railway parking lot.

Dates/Times

June 24, 11 a.m. - 3 p.m.

July 22, 11 a.m. - 3 p.m.

August 26, 11 a.m. - 3 p.m.

September 23, 11 a.m. - 3 p.m.



Confluence Health Foundation Board Transitions

The Confluence Health Foundation Board of Trustees welcomes new board members, Dr. Kimberly Skelding and Kelly Allen.

Dr. Skelding MD, FACC, FAHA, FSCAI is an interventional and structural cardiologist at Confluence Health.

Kelly Allen, MSN, RN, CEN is the Confluence Health chief nursing officer. Kelly will be replacing the former chief nursing officer, Tracey Kasnic, on the Confluence Health Foundation Board of Trustees as a member-at-large.

Welcome aboard, Dr. Skelding and Kelly!



Dr. Kimberly Skelding



Kelly Allen, MSN, RN, CEN

After three years of serving on the Confluence Health Foundation Board of Trustees, Marcela Covarrubias has



Marcela Covarrubias

stepped down. Marcela was an integral part of the 2022 "Spirit of A. Z. Wells Celebration" planning committee, and her insight and promotion of the event led to its success. We are so grateful to Marcela for sharing her incredible talents with us during her tenure and wish her the best on her future endeavors.

Tracey Kasnic has rotated off the board after serving as the chief nursing officer member-at-large for 20 years. Tracey has been heavily involved with the Foundation since she joined Central Washington Hospital in 1999. Her personal and professional commitment to the Foundation has been exemplary. Of note are her significant contributions towards promoting the scholastic advancement of Confluence Health staff. She was a key player in the Nurses for Tomorrow initiative, an effort that brought community partners together to address the growing shortage of skilled nurses locally. The initiative raised over \$2 million from the community, which, among other things, led to the growth of a nursing program at Wenatchee Valley College.



Tracey Kasnic, MBA, BSN, RN, CENP

Tracey also continues to be a vocal advocate of the “growing our own” philosophy, and recently championed the development of the surgical technologist and allied health scholarship programs. These programs are fortifying the pipeline of qualified individuals that will serve in essential roles throughout the healthcare system.

Each year, Tracey devotes a substantial amount of time to supporting the Confluence Health Foundation scholarship process as a member of the scholarship selection committee. Tracey and her husband, Don, also fund two Confluence Health Foundation scholarships: the Dianne Kasnic Prinz RN to BSN Completion Award and the Career Assistance Scholarship. Her efforts in support of continuing education and career advancement have benefited hundreds of people in this community.

Though Tracey is rotating off the board, she will continue to participate on the scholarship selection committee. In addition, Tracey will be working with the Foundation on special projects over the next year. We are looking forward to working closely with Tracey, a true friend of the Foundation.

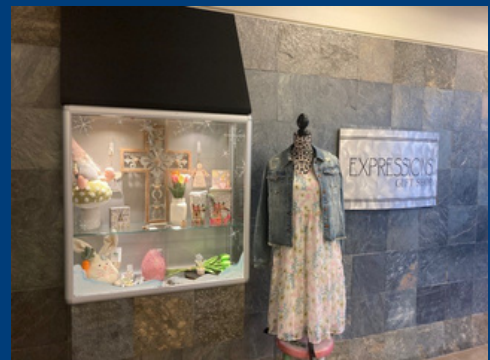
Expressions Gift Shop Celebrates the Season

Spring has arrived in the Gift Shop!

Want to add some fun spring and summer clothing to your wardrobe? Need some fresh and tasteful decor? Look no further than Expressions Gift Shop.

Confluence Health employees always receive 10% off their purchase. All customers will receive exceptional service from our talented gift shop volunteers.

All proceeds will go to the Confluence Health Foundation, so your shopping benefits our local, independent healthcare system.



CONFLUENCE HEALTH FOUNDATION

526 N Chelan Ave., Suite A
Wenatchee, WA 98801

NONPROFIT ORG

US POSTAGE PAID

WENATCHEE, WA

PERMIT NO. 7

Board of Trustees

Abel Noah, CFRE, Executive Trustee
Steven Neher, CPA, President
John Stoll, Vice President
Jake Davison, Treasurer

Rick Deich, Secretary
Sue Ozburn, Past President
Kelly Allen, MSN, RN, CEN
René Baca

Don Brawley
Lincoln Denny
Keith Goehner
Bryan Maroney, JD

Makrina Shanbour, MD
Kimberly A. Skelding, MD
Carin Smith, DVM
Carol Springer

Andrew Jones, MD,
Confluence Health CEO



Naziya Samreen, MD

Adrienne Hansen, MD

Brandon Stott, MD

BREAST CANCER



The Confluence Health Foundation has committed to funding state-of-the-art breast imaging equipment, which will allow radiologists to catch breast cancer early on screening mammogram. Small early breast cancers can be easily treated.

This purchase is made possible because of the generosity of donors like you.

Dear Confluence Health Foundation Donors,

Thank you so much for helping us purchase new breast imaging equipment. Your donation will allow us to both continue current screening levels in our community and biopsy suspicious findings using state-of-the-art technology.

Your generosity and dedication to improving healthcare in North Central Washington is greatly appreciated. Your contribution will make a meaningful difference in the lives of women and their families in our region.

Sincerely,

Drs. Hanson, Samreen and Stott